


# May, 2015

## Meals for Better Living

**Lumpkin County Senior Center**  
**266 Mechanicsville Rd, (706)864-2358**

Monday	Tuesday	Wednesday	Thursday	Friday
				BBQ Chicken Thigh Country Corn Turnip Greens/Vinegar Cornbread/Crackers Grape Juice Fresh Fruit Milk/Margarine <i>Diet - Same 1</i>
Chicken Alfredo Green Peas Zucchini/Tomatoes Fresh Fruit Texas Bread Fudge Crème Cookie Milk/Margarine <i>Diet - Choco Crm Cookie</i>	Breaded Fish Cheese Grits Corn & Limas Pineapple Slaw Apple Juice/Wheat Bread Marble Cake Milk/Tartar Sauce <i>Diet - Pound Cake 5</i>	Hamburger Patty Tater Gems BBQ Baked Beans Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit/Choc Milk Catsup/Mustard <i>Diet - Same 6</i>	Garlic Chicken Scalloped Potatoes Mixed Greens/Vinegar Assorted Juice Cornbread/Crackers Citrus Gelatin Milk/Margarine <i>Diet - Gelatin 7</i>	Pork Loin/Gravy Brown Rice/Wheat Bread Baby Glazed Carrots Green Pea Salad Orange/Pineapple Juice Strawberry Cake Milk/Margarine <i>Diet - Pound Cake 8</i>
Vegetable Lasagna Brussel Sprouts Whole Kernel Corn Grape Juice Wheat Bread/Crackers Oatmeal Cookie Milk/Margarine <i>Diet - Shortbread 11</i>	Salisbury Beef/Gravy Whipped Potatoes Spinach Fruit Blend Juice Cornbread/Crackers Fresh Fruit Milk/Margarine <i>Diet - Same 12</i>	BBQ Pork Baked Pinto Beans Coleslaw Orange/Pineapple Juice Hamburger Bun Peach Cobbler Milk <i>Diet - Peaches 13</i>	Chicken Supreme Mashed Spiced Yams Green Beans Fresh Fruit Wheat Bread/Grhm Crackers Raspberry Gelatin Milk/Margarine <i>Diet - Gelatin 14</i>	Spaghetti Casserole Glazed Carrots Green Peas Tossed Salad/Ranch Texas Bread Fresh Fruit Milk/Margarine <i>Diet - Same 15</i>
Meatballs/Gravy Yellow Rice Green Beans/Onion Fresh Fruit/Apple Juice Wheat Bread Choc Chip Cookie Milk/Margarine <i>Diet - Choco Crm Cookie</i>	Chicken Tetrazzini Lima Beans Parslied Carrots Orange Juice Texas Bread Chocolate Pudding Milk/Margarine <i>Diet - Pudding 19</i>	Macaroni & Cheese Blackeyed Peas Mixed Greens/Vinegar Fresh Banana Cornbread/Grhm Crackers Orange Gelatin Milk/Margarine <i>Diet - Gelatin 20</i>	Hamburger Patty Tater Gems Ranch Beans Lettuce/Tomato/Onion Hamburger Bun Fresh Fruit Milk/Catsup/Mustard <i>Diet - Same 21</i>	Fiesta Chicken Mexican Corn Cabbage Assorted Juice Wheat Bread/Crackers Strawberry Cake Milk/Margarine <i>Diet - Pound Cake 22</i>
 <b>25</b>	Sausage/Onion/Peppers Butter Beans Baby Glazed Carrots Fruit Blend Juice Hot Dog Bun Pineapple Tidbits Milk/Mustard/Catsup <i>Diet - Same 26</i>	Fajita Chicken Mexican Rice Pinto Beans Lettuce/Tomato Fresh Fruit/Flour Tortilla Devil's Food Cake Milk/Taco Sauce <i>Diet - Pound Cake</i>	Meatballs/Spaghetti Sauce Rotini & Tomatoes Green Beans Tossed Salad/Ranch Fresh Fruit/Wheat Roll Cherry Gelatin Milk/Margarine <i>Diet - Gelatin 28</i>	BBQ Chicken Thigh Country Corn Turnip Greens/Vinegar Cornbread/Crackers Grape Juice Fresh Fruit Milk/Margarine <i>Diet - Same 29</i>

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